



Bio – Miranda Hermans- de Nies



Short bio:

Miranda Hermans-de Nies graduated in Physiotherapy (Bsc) in 1989. Miranda extensive experience in orthopaedic (sports) injury and oncology in Laurentius hospital Roermond working as Physiotherapist. Miranda combined the first 4 years by also working in a private practice (Grathem). The work experience from orthopedics, neurology, children to oncology specialism had a major impact on the development of many therapeutic skills and has strengthened the importance of a holistic point of view.

After the oncology master, interest in fascia was born by attending master classes by Willie Fourie.

In the past 10 years, Miranda has developed into an oncology oedema fascia Physical Therapist. The knowledge of cancer disease, its treatment and its mental impact, together with the power of the fascia, have led to a very effective way of treatment.

After following the F.I.T. course asked Ernst and Alex Miranda and Mariella to develop the master class 'Lymph and Scars'. Since 2018, Miranda and Mariella started organizing the Masterclass Lymph and Scars.

Working experience:

- 2018- present: Co-course leader Masterclass Lymph and Scars (F.I.T.)
- 2008- present: Physiotherapist at rehabilitation centre of Hospital Roermond (specialisme oncology, oedema and fascia both clinic, as well polyclinic)
- 2015-2016: Co-developer rehabilitation project oncologic patient Laurentius
- 2007-2008: IKNL participant workgroup oncology and physiotherapy (concept-guide ft by mammacarcinoom)
- 1989-2008: Physiotherapist in private practice Grathem (sports, oedema-oncology)
- 1989-1993: Physiotherapist Laurentius Hospital Roermond

Courses and Training

2019	MLDV congress Benevolution
2019	Integratie-cursus Acceptance and Commitment Therapy ACT
2019	Masterclass kanker en Werk
2018	Fill en Flush cursus Varodem
2017	Basis cursus Acceptance and Commitment Therapy ACT voor multi-disciplinaire teams
2016	Opleiding Fasciatherapie-Fasciatherapeut
2016	Fasciatherapie Module Chronische Pijn november
2016	Fasciatherapie Integration Therapy-Training Masterclass by Paul Gagne
2016	Mini-symposium Orthopedie
2016	Fasciatherapie Module Advanced Fit
2016	Fasciatherapie Module Bovenste Extremititeit
2016	Fasciatherapie Module Onderste Extremititeit
2016	Fascia Integratie Therapie (F.I.T.) Basismodule
2015	PsychFysio_Mindful_fysiotherapeut
2015	Fascia Technieken Level 2 en 3 van Willie Fourie
2014	Training Empowerment
2014	Intensive Course Fascia Technique's Level 1 van Willie
2012	Lymfologie Congres
2011	Omgaan met rouw en verlies binnen de paramedische praktijk
2011	Competentieverricht begeleiden in de stage
2010	Professionalisering in de oncologiefysiotherapie (MOOF)
2010	Oncologie en Fysiotherapie
2008	Fysiotherapeutische vaardigheden in de oncologie (MOOF)
2007	Zwachtelcursus specialistisch zwachtelen de heer O. Gültig
2007	Symposium begeleiding bij vermoeidheid na kanker
2007	Fysiotherapie bij oncologiepatiënten
2007	Jubileumcongres 10 jaar NVFL, Groei en ontwikkeling in de oedeem-therapie
2005	Nascholing: littekenbehandeling
2005	Diagnostiek en communicatie in de psychosociale oncologische zorg (MOOF)
2005	Initiatie in de informatica
2005	Directe toegankelijkheid fysiotherapie
2004	Medische oncologie en fysiotherapie (MOOF)
2003	Perifeer vaatlijden en training
2003	Hoorcollege methodisch handelen en intramed
2003	Symposium oncologie en fysiotherapie van kwantiteit naar kwaliteit
2002	Rugklachten en bekkeninstabiliteit
2001	Vervolgcurcus Therapeutische lymfedrainage en oedeemtherapie/Therapeutisch elastische kousen
2001	Communicatie als basisvaardigheid

2001	Lymftaping door de heer P. de Paepe
2001	Evidence Based Practice
2000	Verslaglegging van het fysiotherapeutisch zorgproces
2000	Vervolgcurcus Therapeutische lymfedrainage en oedeemtherapie/Bandageren
1999	Vervolgcurcus Therapeutische lymfedrainage en oedeemtherapie/Borstkanker
1999	Methodisch handelen
1998	Manuele lymfedrainage Vodder
1996	Functie en functiestoornissen van de bekkenbodem
1993	Psycho-/sensomotoriek bij kinderen
1992	Reflexzone-therapie
1992	Behandeling van patiënt met reumatoïde artritis
1989	Bewijs van bevoegdheid van fysiotherapie
1988	Cursus klinische kinesiologie op haptonomische basis

Teaching experience:

2018-present	Teacher of Masterclass Lymph and Scars (F.I.T.)
2008-present	Teaching at the nurse education project in Laurentius Hospital

Keywords:

Physiotherapist, oncology-oedema, fascia

Publications :

Article in the Oedeminus about lymftaping in nausea by chemotherapy.